

FORGING THE FUTURE:



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Friday FACTS

13 August 2004

"Leadership, Partnership, and Championship"



2004 Military Suicide Prevention Conference

October 25-29, 2004
Hyatt Crystal City, Arlington, VA

The 2004 Military Suicide Prevention Conference is being held 27-29 October 2004 at the Hyatt Regency Crystal City, located in Arlington, Virginia. ASIST Training workshops, being held 25-26 October, are full.

The Conference Registration web site can be found at <http://www.ha.osd.mil/2004mspc/>. If you wish to attend the conference, please go to the web site and complete the registration form. If you have already registered for the conference, there is no need to register again.

There is no registration fee for this year's conference. CEUs will be offered through USUHS.

The deadline for 2004 Conference registration is 1 October 2004. If you require a sleeping room at the Hyatt, please be sure to call Hyatt Reservation by 24 September 2004. Please note that registering for the Conference on the web site does not reserve a guest room with the hotel; you must contact the hotel separately.

Please visit the Conference web site for more information. Should you have any questions, please feel free to contact Ms. Severine Bennett at Severine.Bennett@otsq.amedd.army.mil or Colonel Thomas Burke at Thomas.Burke@ha.osd.mil

SEPTEMBER 22 -NATIONAL SCHOOL BACKPACK AWARENESS DAY

"Pack It Light and Wear It Right"

Aching back and neck...tingling arms and neck...stooped posture. Your child can experience these symptoms if he or she is carrying too weight in his or her backpack or not wearing it properly. The American Occupational Therapy Association (AOTA) emphasizes when it comes to a backpack that students "Pack It Light and Wear It Right."

AOTA recommends:

- * A loaded backpack weigh no more than 15 percent of a student's body weight,
- * Always wearing both shoulder straps,
- * Selecting a pack that has well-padded shoulder straps and is the right size for your child, and
- * Adjusting the shoulder straps so the pack fits snug against your child's back and the bottom rests no more than four inches below your child's waist.

Source: "Pack It Light, Wear It Right," The American Occupational Therapy Association, <http://www.aota.org>.



Virtual Health Coach™

Making a behavior change is difficult and often takes many attempts to be successful. The magic of making a change to improve your health lies in getting yourself mentally ready, having a plan, and finding support. Based on behavior change science and education theory, the Virtual Health Coach takes a new and different approach to behavior change. Like a real live health coach, the virtual coach listens and speaks to you with warm and encouraging yet expertly tailored messages. Virtual Health Coach promotes healthy behavior change by providing the confidence and a plan to succeed in the following areas:

Smoking,
Exercise, Weight
Management,
Stress, Alcohol
Use, Substance
Use and Safety.

For additional information visit: <http://164.167.141.93/>



"The dictionary is the only place where success comes before work."
- Arthur Brisbane